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NEWS WORTH SHARING.

## Mayor still up for a challenge or two

Gregor Robertson readies to address ongoing issues of transit and homelessness in 2015 PAGE 3

## Jihadist may have been 'fed up' with society

Acquaintance and professor paint picture of Canadian with ISIL PAGE 9

## Whitecaps send Salgado packing

After tumultuous season, former first-overall pick traded to the expansion New York FC PAGE 26

## 'SEX WORKERS' LIVES ARE GOING TO BE AT STAKE'

ADVOCATE FEARS CANADA'S NEW PROSTITUTION LAW WILL COMPROMISE SAFETY PAGE 16

# Protection urged after doctor assaulted

**Penticton.** Patient's alleged attack in psych ward spurs president of nurses' union to renew demands for safety measures

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B.C. Nurses' Union president Gayle Duteil speaks to media in Vancouver on Monday. MATT KIELTYKA/METRO

Health-care workers are reeling after a doctor in Penticton General Hospital's psychiatric ward was allegedly attacked and severely injured at the hands of a patient last week.

Penticton RCMP say the doctor remains in hospital and is recovering from a broken jaw and other facial injuries after the assault on Friday afternoon.

According to the B.C. Nurses' Union, the doctor was in a closed-doors session with the patient when the patient allegedly "calmly walked out … and announced the doctor might be dead."

The doctor was found unconscious inside the room.

Gregory Stanley Nield, 30, was arrested and is charged with assault causing bodily harm and aggravated assault.

The incident has reignited calls for greater safety for health-care professionals.

"Does someone have to die before the health authority starts providing basic safety measures … in forensic and psychiatric facilities?" asked B.C. Nurses' Union president Gayle Duteil, who knows the victim. "The doctor is lucky to be alive. Every day, nurses and other health-care professionals put themselves on the line and risk being attacked on the job because of inadequate protection against violent patients."

Interior Health president and CEO Dr. Robert Halpenny issued a statement Monday saying they are working with RCMP and WorkSafeBC on a full review of the incident.

"We strive to minimize any risks to staff, physicians and patients, but that is not always possible even with all of our safeguards recognizing patient behaviour can be unpredictable," wrote Halpenny.

He said the authority will "seek lessons learned" to provide the safest working environment possible.

Duteil said the authority can start by immediately providing staff with personal alarms, stationing full-time security in psychiatric units and installing security cameras.

The measures are something the union has been demanding for more than a year, but health authorities have been slow to implement them, she said.

In a recent survey, 91 per cent of union members said they've been physically assaulted on the job.

"In the last year, there have been several serious attacks on nurses," said Duteil. "There were 13 reported assaults in forensics, one site alone, in the month of November."

Nield is scheduled to appear in court Tuesday.

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NEWS

Court

## Woman awarded $750,000-plus from ex-husband

A judge has awarded a woman more than $750,000 because her ex-husband failed to provide proper financial disclosure to the court about his income and fraudulently pocketed more than $100,000 that should have been paid to his ex-wife.

B.C. Supreme Court Justice Kenneth Affleck also awarded the ex-wife special court costs for the ex-husband's misconduct.

"The respondent admits he has been guilty of 'a certain amount of misconduct,' including 'fraud' in relation to the financial affairs of the parties," the judge concluded in the recent divorce case decision.

"Further, I find he has not made proper disclosure of documents and has given false evidence about his income. The respondent's conduct is deserving of rebuke," the judge said.

The ex-wife, Iva Fixova, took her ex-husband, Jan Matous, to court, alleging he had failed to fully disclose his income and banking records, and failed to fully pay child support and spousal support. The couple separated in 2003 after an 18-year marriage.

The judge found that Matous owed $43,000 in child support arrears for his two children and another $40,000 in spousal support.

The judge also found that Matous had forged his wife's signature over the years on child tax credit cheques totalling $61,619 and kept the money for himself.

The ex-husband sold some properties, kept the money for himself and failed to provide his wife with an accounting of the funds, the judge found.

The judge determined the couple's properties deemed family assets were worth $753,000, and the wife was entitled to $564,800 of that.

After adding the ex-wife's share of the apartment rents, the fraudulently cashing of child tax credit cheques, the apartments sold without the ex-wife's knowledge and the child support and spousal support arrears, the judge awarded the ex-wife $761,157, plus special court costs.

NEAL HALL/METRO

Mayor Gregor Robertson, following his tradition of wearing a kilt as he takes his oath of office, participates in a Chinese lion dance after being sworn in for his third term in office on Monday. EMILY JACKSON/METRO

# Mayor prepares for city's 2015 challenges

**Next year.** Gregor Robertson said serious work must be done

EMILY JACKSON
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Vancouver Mayor Gregor Robertson doesn't have time to waste if he wants to make progress on two of his top priorities — transit and homelessness — before critical deadlines early next year.

In his opening address after being sworn in for a third term in office on Monday, Robertson said serious work must be done to campaign for more transit funding before the quickly approaching transit referendum in June 2015.

"(The Broadway) subway is the single best thing we can do for our environment and our economy," Robertson said. "It's got to happen for us."

But Robertson must deal with an earlier deadline that he set for himself in 2008 — his promise to end street homelessness by 2015.

While the number of people sleeping outside won't be clear until the annual homeless count next spring, a quick walk through Downtown Vancouver suggests the mayor is a distance from achieving his goal.

Yet he pledged not to give up on the challenge, and repeated his call to the federal and provincial government to address the problem both this winter and in the long haul.

"Ending homelessness isn't an aspiration or a rhetorical flourish. In a city as wealthy as Vancouver, it's a non-negotiable responsibility for every one of us."

The mayor also discussed child poverty, affordability, the tech economy, opposition to oil tankers (he didn't specifically mention Kinder Morgan's pipeline proposal) and a willingness to listen to ideas from the Non-Partisan Association, the Green Party and COPE.

While Vision Vancouver appears willing to slightly relax its grip on city operations, it still has control of council, which remained largely static since 2011. (Out of 10 spots, the NPA's Melissa DeGenova is the only new councillor.)

The familiar faces were joined by a strong First Nations presence at the inauguration ceremony at the Creekside Community Centre. Representatives from the Musqueam, Tsleil Waututh and Squamish nations delivered the opening remarks at the ceremony hosted by Karen Joseph, the executive director of Reconciliation Canada. And for those that think municipal politics is a bit stuffy, the city managed to get local singer Dan Mangan to sing the national anthem.

## Warning. 'Intense' storms expected in Lower Mainland

Heavy rain is expected across the Lower Mainland for the next three days. ERIC DREGER/THE CANADIAN PRESS

Get ready for some "intense" and "extraordinary" rainfall.

Environment Canada didn't mince words in a rainfall warning issued Monday for Metro Vancouver, the Fraser Valley, Abbotsford, the Sunshine Coast and Vancouver Island.

An "incredible series of storms" caused by a subtropically influenced airstream with warm, moist air is set to "bombard" the area for three to four days, according to the warning.

Between 25 and 100 millimetres of rain is expected by Tuesday morning.

"And that's just the beginning," the warning states.

People are asked to watch for flash floods, water pooling on roads and washouts near rivers or creeks.

EMILY JACKSON/METRO

# Marine debris becomes a tree

**Vancouver Aquarium.** Flotsam and jetsam collected from West Coast Trail made into educational art piece

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One man's trash is another man's … Christmas tree?

A Christmas tree built entirely out of marine debris is getting double-takes from visitors to the Vancouver Aquarium this month.

Tofino artist Pete Clarkson designed and built the unique art installation, which took three days to assemble and required four tonnes of debris collected by volunteers from last year's shoreline cleanup of the West Coast Trail.

"The idea was really to try to educate people about the problem of marine debris but also bring some colour and some smiles into their lives at the same time," Clarkson told Metro. "Art is a great medium for that."

Clarkson, who works as a park ranger, is well-known for his one-of-a-kind artistic creations that are made entirely out of garbage that washed up on Vancouver Island beaches.

A self-taught artist, Clarkson said he grew up in a family of artists but struggled to find a medium that he enjoyed.

He said he first started experimenting with marine debris after moving to Tofino 15 years ago. Clarkson said he noticed the endless amounts of debris littering beaches, and was drawn to the objects.

"There was something about the material that really attracted me — the colours and the way they were worn by the environment," he said. "It just struck a chord and I started collecting some of these things."

Since then, Clarkson said he has worked hard to fine-tune his craft.

"It's a fantastic raw material to use," he said. "Because it's garbage, it's allowed me to be quite fearless in my experimenting."

No object is too bizarre or boring for Clarkson, who has used everything from bath toys to wood from shipwrecks in his creations.

"One of the funniest things was an umbrella handle," he recalled. "There was no umbrella, it was just the classic umbrella handle, and it was quite faded."

To his surprise, Clarkson said he later stumbled across several more umbrella handles, which sparked a desire to try to find out where they had originated. Some research revealed that more umbrella handles had been found on beaches across the coast.

Clarkson said he eventually solved the mystery when he learned that a cargo ship had lost a container of umbrellas near Hawaii.

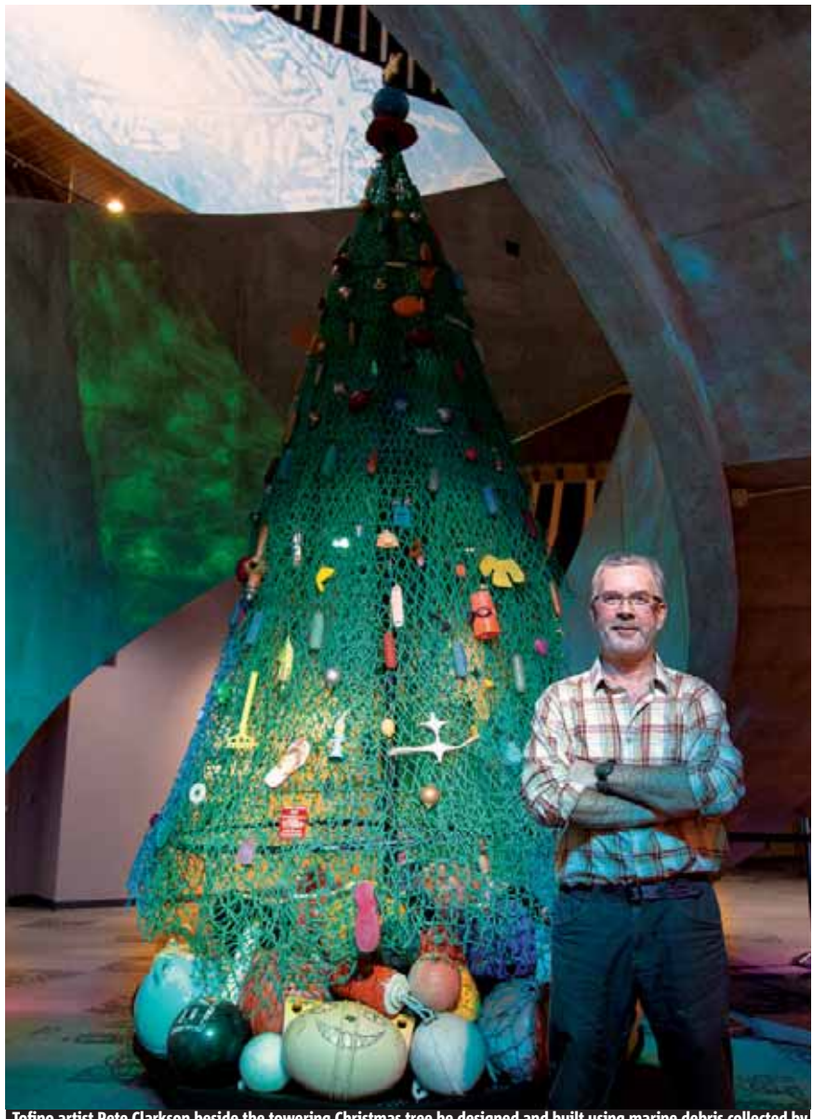
"That was really cool," he said. "It adds so much more to the object than just an unknown umbrella handle."

Last summer, Clarkson teamed up with the Vancouver Aquarium for the first time, designing and building a totem pole made out marine debris with a goal of raising public awareness about ocean pollution. This year's Christmas tree is no exception, he said.

"We collected four tonnes of material from one of Canada's most beautiful spots," he said. "It just shows you the extent of this problem."

**Quoted**

**"The idea was really to try to educate people about the problem of marine debris but also bring some colour and some smiles into their lives at the same time."** Pete Clarkson, artist



Tofino artist Pete Clarkson beside the towering Christmas tree he designed and built using marine debris collected by volunteers from last year's shoreline cleanup of the West Coast Trail. COURTESY PETE CLARKSON

# Petronas project still facing hurdles: Clark

**LNG.** Premier says province is 'done' with company; some officials say its delay is a tactic

Premier Christy Clark said Monday the province's multi-billion-dollar agreement with Petronas to build a liquefied natural gas terminal is "done," while acknowledging the Malaysian energy giant still has hurdles to overcome before the project can go ahead.

Petronas announced last week that it was putting off construction of its proposed LNG terminal near Prince Rupert, even though it was pleased with recent moves the province made to make the nascent industry more competitive.

Christy Clark said in Toronto that the province had completed all of the elements of a project development agreement with Petronas.

"We are done with Petronas. What they need to do is make sure the market conditions work for them in terms of their suppliers."

Some officials in the B.C. government have suggested that the delay is a tactic by Petronas to get a better deal from the suppliers.

**Quoted**

**"These guys aren't thinking of what is the market today. They are thinking of what is the market five years, 20 years, 25 years from now."**

**Premier Christy Clark** on decision-making by LNG companies

The Malaysian firm's investment of $36 billion for the Pacific Northwest LNG project covers the LNG plant, shale fields in northeastern B.C. and a pipeline to connect the two.

Petronas acknowledged last week that the government had "brought resolution to key policy matters," such as establishing a tax regime for LNG firms, detailing offsets for greenhouse gas emissions and gaining support from First Nations.

But still, the company said the conditions aren't right to proceed with the project.

THE CANADIAN PRESS

Premier Christy Clark, left, meets with Ontario Premier Kathleen Wynne in Toronto Monday. CHRIS YOUNG/THE CANADIAN PRESS

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**Cpl. Jean Michaud**

## Mountie shot during traffic stop now conscious

The RCMP says a 40-year-old officer who was shot during a traffic stop in B.C.'s Interior is now conscious and speaking to his family.

Cpl. Cheryl Bush says Cpl. Jean Michaud remains in hospital in intensive care following the early morning incident last Wednesday in Kamloops.

The shooting led to a 12-hour manhunt and the arrest of Kenneth Knutson, 36, who has a long rap sheet and is now facing four charges, including attempted murder. Michaud suffered critical injuries in the incident and has since survived two surgeries.

THE CANADIAN PRESS

**Fraser Valley**

## Fire leaves two people with third-degree burns

Two people have extensive third-degree burns after a house fire in B.C.'s eastern Fraser Valley.

Neighbours to the home in Agassiz say they heard a loud explosion followed by several smaller blasts just before 7 p.m. on Sunday.

Agassiz Deputy Fire Chief Gerald Basten says crews arrived when the house was fully engulfed in flames.

He says two people, both adults, managed to escape and get to a neighbour's house, but suffered serious burns to most of their bodies.

Basten says the investigation is ongoing.

THE CANADIAN PRESS

**$400K worth**

## Stolen helicopter parts worthless to thief: RCMP

Someone has made off with $400,000 worth of helicopter parts from the back of a van in West Kelowna, but police say they're worthless to the thief.

Alpine Helicopters reported the theft to the RCMP on Saturday, saying 31 helicopter parts in several boxes were taken.

Jill Seaton, the company's chief financial officer, says safety protocols for such items mean they have serial numbers that must be traceable in order to be sold.

She says the parts would be noticed quickly during any repairs and reported.

THE CANADIAN PRESS

# Efforts underway to limit spread of avian flu in poultry

**Exports affected.** Half of British Columbia has been designated an avian flu control zone

Half of British Columbia has been designated an avian flu control zone, in an effort to limit the spread of the virus and reassure other countries that Canadian commercial poultry is safe.

The restrictions, imposed by the Canadian Food Inspection Agency, become increasingly strict the closer producers are to the five farms that tested positive for the highly virulent strain of avian flu.

The virus swept through three chicken and two turkey farms in the Fraser Valley. Just under 150,000 birds have either died or will be destroyed and composted on site to prevent the spread.

Dr. Harpreet Kochhar, Canada's chief veterinary officer, said the control zone is meant to reassure the international community, especially countries that have temporarily banned poultry products from Canada.

"Those who have put some restrictions on all of Canada will start to look at reducing that to only British Columbia or the Fraser Valley," he told reporters Monday.

The zone boundaries are the Pacific Ocean on the west, the U.S. border to the south, the B.C.-Alberta boundary, and Highway 16, which intersects the province at Prince George.

Mike Dungate, executive director of the Chicken Farmers of Canada, said producers have been pushing for a larger control area.

"Because we lived through this in 2004," he said. "In 2004, they made the control area too small at the start and had to enlarge it."

A decade ago, a highly pathogenic strain of H7N3 avian flu swept through commercial farms and backyard coops in the Fraser Valley, resulting in the destruction of 17 million birds.

The latest flu has prompted the United States, Mexico, South Africa and several Asian countries to impose a variety of trade restrictions on poultry from either Canada, British Columbia or the Fraser Valley.

About seven per cent of Canada's chickens are exported to countries such as the United States, Taiwan and the Philippines.

Dungate said the control area is an effort to persuade countries to reconsider stopping exports from other provinces.

"Yes, it does cause an issue for us in B.C. We like it that they maintain it in B.C., because last time, everybody immediately said all of Canada (will be restricted) and that caused problems where it didn't need to cause problems."

The CFIA has cautioned that the virus does not pose a risk to consumers if poultry meat is properly handled and cooked, though in rare cases it can be transmitted to people who work in close contact with the animals.

The control area is divided into three zones representing risk: infected, restricted and security.

Michel Benoit, general manager of B.C. Turkey Farmers, said about 25,000 turkeys meant for Christmas have been lost because of the avian flu sweeping through two farms.

He said that represents a small percentage of the 3.3 million kilos of turkey that B.C. residents consume at Christmas.

"The processors are working right now with other provinces to see if we can get that need filled. We're optimistic that shortage will be filled by product coming from Alberta, maybe as far as Manitoba."

Benoit is hopeful the flu will be contained quickly and CFIA officials find the cause soon. THE CANADIAN PRESS

A poultry farm under quarantine because of an outbreak of avian influenza is pictured on Thursday, Dec. 4 in Chilliwack, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

**Quoted**

**"At this point it's still a jigsaw puzzle. You don't have the picture and you're trying to make the jigsaw puzzle without the picture to look at and trying to put it together."**

Michel Benoit, general manager of B.C. Turkey Farmers.

**Effort to limit spread of avian flu**

## *Half of B.C. designated control zone*

An infected zone is a three-kilometre ring around an infected farm, a restricted zone sets up a 10-kilometre area around the farms and the security zone is the remainder of the control zone.

Dr. Harpreet Kochhar, Canada's chief veterinary officer, said farmers will have to follow regulations on captive birds, poultry products or byproducts and anything that has been exposed to the birds, including feed, vehicles, equipment and clothing.

Farmers will need to provide a permit to ensure their birds are free from the avian flu before they can be sent to a processing facility, he said.

# School board seeking donations

The Vancouver School Board is seeking donations for a discretionary emergency fund used to help students in moments on crisis.

Board chair Patti Bacchus said the fund enables school administrators to assist students who find themselves "in a really tough spot."

Emergency purchases can include buying warm clothing for students living in poverty, replacing broken eyeglasses and other emergency expenses unrelated to their education and school programs.

Approximately $8,000 has been spent for such purposes so far this year.

The fund, which was first created more than 20 years ago, is made up entirely of private donations and doesn't dip into the district's public school operating budgets, Bacchus said.

"The need is probably much greater than we've ever had," said Bacchus. "We'd like to get (the fund) up higher."

For Vancouverites thinking about making donations this holiday season, Bacchus said the fund is a good option because the board ensures the money goes "directly to a child in dire need."

Anyone wishing to make a donation can contact the Vancouver School Board directly. MATT KIELTYKE/METRO

**Quoted**

**"The need is probably much greater than we've ever had."** Vancouver School Board chair Patti Bacchus

Vancouver School Board chair Patti Bacchus METRO FILE

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# Olympic Committee approves LGBTQ rights

**'Historic changes.'** International Olympic Committee's move comes after Vancouver councillor's lobbying trip

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The International Olympic Committee (IOC) has officially enshrined LGBTQ rights into its Olympic Charter.

The decision comes after Vancouver Coun. Tim Stevenson travelled to the 2014 Sochi Winter Games on a Host City Pride House Mission to meet with IOC officials to lobby them to include sexual orientation in the charter's non-discrimination clause.

Despite skepticism from naysayers about the IOC's willingness to change and some perceived futility of Stevenson's city-funded trip, IOC president Thomas Bach recommended just that in a series of reforms approved by the IOC at a special meeting in Monaco on Monday.

"It's a huge step forward," Stevenson said, especially considering he wasn't sure he'd even get a visa to enter Russia as a gay man shortly after the country passed its gay propaganda law. "It makes you realize that sometimes you are able to do things that seemingly were impossible."

But after landing a 90-minute meeting with the IOC's chief of staff and its head of communications, Stevenson got the impression that Bach was onboard with his recommendations.

The Canadian Olympic Committee also applauded the IOC's "historic changes."

"These unanimously accepted recommendations will be a catalyst for important and positive change and create an improved environment for continued success for the Olympic Movement in Canada and across the globe," COC president Marcel Aubut said in a statement.

Tim Stevenson and former VANOC spokeswoman Maureen Douglas hold up a flag on Jan. 27. CONTRIBUTED

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# Diabetes. Province to limit coverage of test strips

British Columbia will impose yearly limits on test strips used by diabetics to gauge their blood glucose levels, but patients who need more strips can still get them with a prescription.

The Health Ministry said PharmaCare coverage of blood-glucose test strips will be restricted Jan. 1, following a similar change in Ontario in 2013.

The change is based on research showing that people who have Type 2 diabetes and don't use insulin can safely test their blood sugar levels less often, the province said.

In the new year, PharmaCare will cover 200 to 400 strips a year for those patients, and up to 3,000 strips annually for patients on insulin.

The government expects the move will save up to $4 million a year, starting with about $1 million in savings this fiscal year.

Diabetics prick themselves to draw blood and apply it to a test strip. Then they use a monitor to detect their blood glucose levels.

Dr. Jan Hux, chief science officer of the Canadian Diabetes Association, said diabetics may need to check their blood sugar levels less often if they have modified their diet after being diagnosed.

"People who have just been diagnosed and really don't understand how what they eat impacts their sugar, for those individuals testing really is a helpful educational tool," she said from Toronto.

Across Canada, B.C. and Ontario are in the middle of the pack when it comes to provincial coverage for diabetes, while Alberta and New Brunswick are at the bottom, Hux said.

Saskatchewan and Quebec offer full coverage for diabetes management tools, Hux said.

Health Minister Terry Lake said savings from limited test-strip coverage will be used to fund insulin pumps.

In February, B.C. residents who monitored their Type 1 diabetes with an insulin pump began getting coverage for the equipment until they're 25 — up from age 18.

THE CANADIAN PRESS

Viral video

## Police looking into reckless driver who sped onto YouTube

While most of Canada is still laughing at Calgary's worst driver, who took nearly five minutes to get out of a parking lot, Vancouver police are now investigating a driver who could take top honours for this city.

A video posted on YouTube on Sunday shows a driver running a red light by swerving around a stopped car in front of it and driving directly into oncoming traffic.

The video, which appears to have been filmed at the intersection of Georgia and Bute streets in downtown Vancouver, shows the black sedan narrowly avoid being T-boned, first by a bus and then more vehicle traffic.

Sgt. Randy Fincham, spokesman for Vancouver Police, said investigators are now looking into the video.

"Unfortunately the video quality is not sufficient to identify a licence plate and there does not appear to be an active red light camera at the intersection," Fincham said in an email.

Fincham urged anyone who witnesses erratic or aggressive driving to take note of the licence plate number and report the incident to local police.

THANDI FLETCHER/METRO

## Video. Muslim group denounces call for attacks

A leading national Muslim group has categorically denounced the latest call for violence against Canada and other nations by the terror group that calls itself the Islamic State of Iraq and the Levant (ISIL).

"We condemn the depraved violence and extremism by this and other terror groups," Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said on Monday.

The council's comments come on the heels of reports that John Maguire of Ottawa, who now calls himself "Abu Anwar al-Canadi" and "Yaha," has posted a propaganda video online. His video calls for terror attacks in Canada in response to Canada's participation in a coalition against ISIL.

Ihsaan Gardee of the National Council of Canadian Muslims, right, is seen presenting an award at the NCCM's March 2014 Gala.
TORSTAR NEWS SERVICE FILE

TORSTAR NEWS SERVICE

**Safety concerns**

### Canadian Embassy in Cairo closed

The Canadian Embassy in Cairo has been closed amid security concerns, one day after the British Embassy suspended its services because of safety worries.

Three senior Egyptian security officials said that recent arrests of suspected militants revealed plans to target the embassies, abduct foreign nationals and assassinate public figures. They did not elaborate.

The embassy announced its closure locally through a message on its main telephone number on Monday.

THE CANADIAN PRESS

# Jihadist likely 'fed up' with Canadian society: Professor

**John Maguire.** Former Ottawa man who appears in a new extremist video seemed to lack friends, acquaintance says

A man who says he is a Canadian and identifies himself as 'Abu Anwar al-Canadi' is seen in this screenshot from a video, released Sunday by ISIL, that calls for attacks against Canadians. The man has been identified as John Maguire, a former University of Ottawa student who converted to Islam. HANDOUT/THE CANADIAN PRESS

John Maguire, a former Ottawa man who appears in a new extremist recruiting video, seemed to lack close friends in Canada and kept his distance from others, says an acquaintance who used to pray with him.

"People had very superficial relationships with him," said Stephane Pressault, who met Maguire four years ago during Friday prayers at the University of Ottawa. Pleasantries were exchanged, but no deep ideas were shared, said Pressault, the national co-ordinator with outreach group Project Communitas.

"It's not that he was a loner. But he didn't share his opinions on things. And he didn't have ... a best friend, or a clique, or a group of people that he always turned to," Pressault said. "In retrospect, that's alarming."

Project Communitas is grappling with the phenomenon of Islamic radicalization as part of its mission to foster citizenship, dialogue and youth leadership.

Maguire's video, released Sunday, urged Muslims to launch attacks against Canadians, similar to those carried out in October in Ottawa and St-Jean-sur-Richelieu, Que.

Maguire — whose passport was apparently revoked after he left Canada — likely became "fed up" with Canadian society at some point, said Jocelyn Belanger, a psychology professor at the University of Quebec at Montreal who has studied radicalization around the world.

Belanger surmises Maguire could have been spurred to join radical Islamic militants overseas because he didn't fit in at home and felt insignificant — a typical motivation for extremists.

One can regain significance by building a successful career or becoming a role model, Belanger said, but such accomplishments take time.

This is why propaganda created by the al-Qaida splinter group known as the Islamic State of Iraq and the Levant (ISIL) has been so effective, he added: "Their ideology dictates the actions required to become a hero, a martyr, a rock star."

THE CANADIAN PRESS

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# Tim Hortons patrons throw hissy fit, snake at employees

A sandwich snafu led to a serpent being flung over a service counter at a Tim Hortons in Saskatchewan.

Two men became argumentative after their sandwich order request was ignored.

The denial sent them into a hissy fit at a Tim Hortons location in Saskatoon.

Police say the 20-year-olds began arguing with an employee because they wanted the onions on their sandwiches diced.

The argument worsened and one of the men pulled a snake from his friend's pocket and threw it behind the service counter at the employees.

Officers called to the scene were able to quickly locate the snake and determined it was a non-poisonous species.

Police have found a temporary home for the snake until it can be released into the wild next spring.

The two men were arrested nearby and now face mischief charges in connection with the incident.

THE CANADIAN PRESS

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Mathew Noble is hoping to bring a number of healthy, fresh food options to Toronto's vegetarian and vegan crowd when the Vegetarian Food Bank opens in January. DAVID VAN DYKE/METRO IN TORONTO

# Juggling act of healthy, fresh food

**Vegetarian Food Bank.** Toronto man plans to bring healthier alternatives to the city when the bank opens Jan. 31.

GILBERT NGABO
Metro in Toronto

Matthew Noble is planning to bring something fresh to Toronto — a food bank that's 100 per cent vegetarian.

That's right. All vegetarian, all the time with a healthy supply of vegan-friendly food too.

And, Noble said, 50 per cent of the offerings will be fresh, a goal existing food banks say they struggle to meet.

At the Daily Bread food bank, for example, about 40 per cent of food distributed this year has been fresh, which includes things like fresh meat and dairy.

"I think that 50 per cent fresh vegetables at a food bank is a great goal, and I hope they reach it," said Sarah Anderson, senior manager of communications at Daily Bread.

Some people who depend on food banks and are vegetarians have resorted to eating meat because they have no other choice, Noble said.

"That is very sad because fresh vegetarian food is so scarce at food banks," he said, adding that people go vegetarian or vegan either for their health, because they're against animal cruelty or to opt out of the extreme environmental damage caused by the farming of livestock.

Noble's plan is to start small, offering services one or two days a month. He plans to lean on sponsors and community partnerships to keep the fresh produce flowing.

"We are very excited because it will offer the alternative for people and ensure some kind of equity across the board," Yonge Street Mission spokeswoman Sally Ritchie said. "Fresh items are the most difficult to store and keep and transport."

The Toronto Vegetarian Food Bank is set to launch on Jan. 31.

**A Noble effort**

Vegetarian and vegan options are scarce at Toronto's food banks, and with that in mind Noble hopes to install some equity in the city's fresh food options.

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# New Delhi bans Uber as driver accused of rape

**Blow for ride-sharing service.** Based on hailing cars from a smartphone app

The Indian capital on Monday banned taxi-booking service Uber after a woman accused one of its drivers of raping her.

Transport official Satish Mathur made the announcement as the 32-year-old suspect appeared in a New Delhi court.

The court ordered Shiv Kumar Yadav held for three days for police questioning over allegations that he raped the finance company employee after being hired to ferry her home from a dinner engagement on Friday night.

The court also ordered Yadav's cellphone confiscated, according to Press Trust of India.

The case, almost two years after a young woman was fatally gang raped on a bus in the capital, has renewed national anger over sexual violence in India and demands for more effort to ensure women's safety.

The government rushed through legislation last year to double prison terms for rape to 20 years and to criminalize voyeurism, stalking and the trafficking of women.

But activists say much more needs to be done, including better educating youths and adding basic infrastructure such as street lights and public bathrooms.

The CEO of San Francisco-based Uber, Travis Kalanick, said the company would do "everything to bring the perpetrator to justice and to support the victim and her family in her recovery."

He also sought to deflect some of the blame on to officials, saying the company would work with the government to establish clear background checks that are "currently absent in their commercial transportation licensing programs."

It was not immediately clear if Uber itself performed any background check, nor was it clear whether Yadav would even have been flagged.

It was not immediately clear if Uber itself performed any background check, nor was it clear whether Yadav would even have been flagged. Police told Press Trust of India they were working to verify Yadav's claims that he had been acquitted of rape charges in 2011, after spending seven months in jail. PTI did not give any further details or name the police source.

THE ASSOCIATED PRESS

**The service**

**Uber uses private cars rather than licensed cabs, and promises a quicker response time that is often less than 10 minutes.**

- Drivers respond using their own Uber-provided smartphones mounted on the dashboard and follow a GPS map to an exact location.

## NATO lowers flag on Afghanistan mission

NATO soldiers fold the flag of International Security Assistance Force Joint Command, the NATO entity in charge of combat operations in Afghanistan, during a flag-lowering ceremony in Kabul, Afghanistan, Monday. The U.S. and NATO ceremonially ended their combat mission in Afghanistan on Monday, 13 years after the Sept. 11 terror attacks sparked their invasion of the country to topple the Taliban-led government. MASSOUD HOSSAINI/THE ASSOCIATED PRESS


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# ISIL. Yemen's al-Qaida denounces beheadings

A senior military commander of al-Qaida in Yemen denounced on Monday beheadings carried out by the group's Islamic State of Iraq and the Levant (ISIL) rivals, calling the act and its filming for propaganda purposes barbarous and asserting that U.S. drone strikes are expanding al-Qaida's popularity in the country.

The comments, by Nasr bin Ali al-Ansi, came in a video response to questions by reporters posted on one of the group's Twitter accounts.

It appeared to have been recorded before Saturday's killing of two hostages — an American and a South African — during an attempted U.S. rescue from al-Qaida militants. Both groups regularly execute prisoners, but beheadings and other brutal acts have become a trademark of ISIL.

Al-Qaida in Yemen — seen by Washington as the group's most dangerous al-Qaida affiliate globally — has criticized ISIL before for trying to expand its territory. THE ASSOCIATED PRESS

# At least three killed after jet crashes into Maryland home in D.C. suburbs

A small, private jet has crashed into a house in Maryland's Montgomery County on Monday, killing at least three people on board, authorities said.

Preliminary information indicates at least three people were on board and didn't survive the Monday crash into home in Gaithersburg, a Washington, D.C., suburb, said Pete Piringer, a Montgomery County Fire and Rescue spokesman.

He said a fourth person may have been aboard.

Piringer said the jet crashed into one home around 11 a.m., setting it and two others on fire. Crews had the fire under control within an hour and were searching for anyone who may have been in the homes.

Television news footage of the scene showed one home nearly destroyed, with a car in the driveway. Witnesses told television news crews that they saw the airplane appear to struggle to maintain altitude before going into a nose-dive and crashing.

THE ASSOCIATED PRESS

Firefighters stand outside a house in Gaithersbug, Md., Monday, where a small plane crashed. THE ASSOCIATED PRESS

Human rights

## Probe demanded in police killings of black Americans

Protesters carrying signs bearing names of black Americans killed by police have marched outside the U.S. Capitol to demand a human rights investigation. THE ASSOCIATED PRESS

Cleveland

## Rice's mom wants cop convicted

The mother of a 12-year-old Tamir Rice, shot by a Cleveland policeman, says she wants him convicted for killing her son, who was carrying a pellet gun that police say looked real.

THE ASSOCIATED PRESS

Samaria Rice, mother of Tamir Rice, speaks during a news conference Monday. THE ASSOCIATED PRESS

Justice Department

## Obama admin bans profiling by law enforcement

The Obama administration issued guidelines Monday that ban federal law enforcement from profiling on the basis of religion, national origin and other characteristics, protocols the Justice Department hopes could be a model for local departments as the U.S. tackles questions about the role race plays in policing.

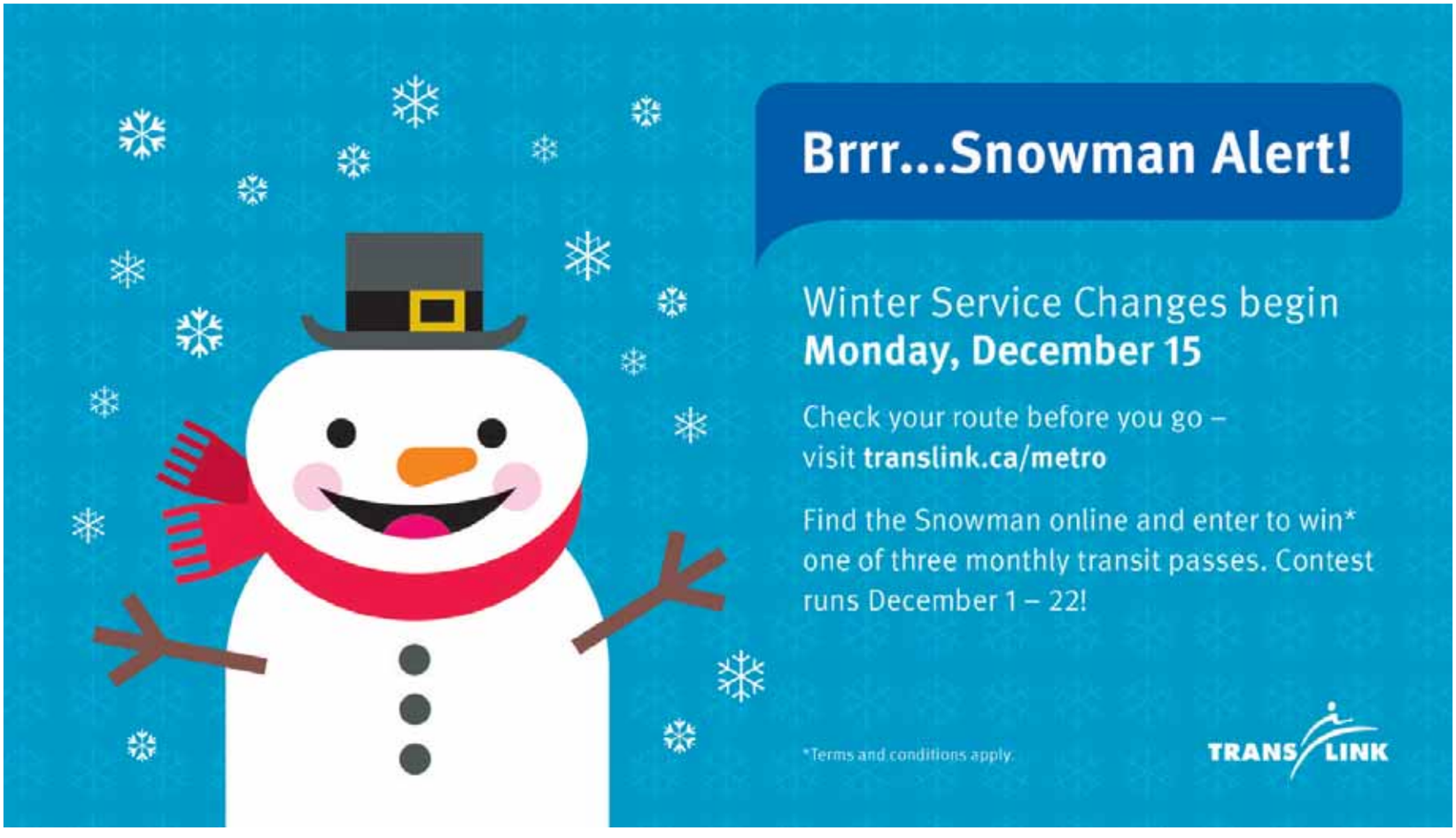
The policy, which replaces decade-old guidelines established under the Bush administration, also will require federal agencies to provide training and to collect data on complaints. THE ASSOCIATED PRESS

Election campaign

## Israeli lawmakers dissolve parliament

Israeli lawmakers unanimously voted Monday to dissolve parliament, officially ending the legislature's term two years ahead of schedule and kicking off the country's election campaign ahead of a March 17 nationwide vote.

THE ASSOCIATED PRESS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Angers activists

## Facebook seems to be courting China

A Chinese government news portal released a photo Monday of Facebook founder Mark Zuckerberg with a copy of Chinese President Xi Jinping's book on governance at his desk while hosting the country's top Internet regulator.

Facebook is currently blocked in China. The gesture, interpreted as an effort by Zuckerberg to court the government, disappointed and angered activists China, who have long held Facebook in high regard for its ability to share information beyond the tight controls of the ruling Communist Party.

THE ASSOCIATED PRESS

Market Minute

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**TSX**
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**Natural gas:** $3.62 US (-$0.18)
**Dow Jones:** 17,852.48 (-106.31)

## Video-game pioneer dies

German-American game developer Ralph Baer shows the prototype of the first games console, invented by him in this image from the Games Convention Online in Leipzig, Germany. The video-game pioneer, who created both the precursor to Pong and the electronic memory game Simon, has died. He was also the leader of the team that developed the Magnavox Odyssey, the first home video-game console. Baer, who was born in Germany and escaped the Holocaust with his family, was a longtime resident of Manchester, N.H. The Goodwin Funeral Home confirmed Monday that he died at his home Saturday. He was 92. He started thinking about what later became the home video game console while working as a television set designer in the 1950s. In the next decade, he started working on television games as chief engineer for Sanders Associates, now BAE Systems. That led to The Brown Box, which was licensed by Magnavox and came out with the Odyssey in the early 1970s. The console, which connected to a television, could play about two dozen games, including one called Table Tennis that was a precursor to Pong. JENS WOLF/THE ASSOCIATED PRESS FILE

# Assignment at U of T pulled

**University of Toronto.** Graduate business school pulls class assignment over concerns of sexism

The Rotman School of Management has pulled a controversial class assignment from a first-year MBA course after concerns were raised about its portrayal of women.

The assignment, issued last week for a class on capital markets, features a fictional female business student who is offered a public relations job with her "favourite company of all time," jeweller Tiffany and Co. She is struggling to decide which compensation package she should accept.

Several students in the University of Toronto's graduate business school were openly dismayed by the assignment, saying there is "just so much wrong" with its portrayal of "Elle Forest," a ditzy woman who requires the assistance of her Yale-educated boyfriend to figure out which compensation package she should accept.

Torstar News Service received a copy of the assignment from a student, who was unimpressed by its depiction of the hapless lead character.

Torstar took those complaints to the Rotman School of Management on Thursday. Students told the Star that Professor Kent Womack, who teaches the capital markets class, later apologized verbally for the assignment, which was he said written by a teacher's assistant. He then advised the class to think carefully before speaking to the media, according to students.

One student, who asked not to be identified over concerns of reprisal, said some classmates started to clap after the professor advised against commenting to the press. TORSTAR NEWS SERVICE

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# Regulating e-cigarettes tough

Just a few years ago, early adopters of e-cigarettes got their fix by clumsily screwing together a small battery and a plastic cartridge containing cotton soaked with nicotine.

Now, the battery-powered contraptions have computer chips to regulate puffs and temperature, track usage, talk to other electronic devices and even blink when "vapers" are near each other.

U.S. officials say the technology race could make creating standards for the devices, which heat a liquid to create vapour rather than burning tobacco, more difficult in the future. Unlike traditional smokes that are simply chopped tobacco rolled in paper with a filter, e-cigarettes come in many shapes and sizes and the technological changes only make regulating them more of a headache.

**A first**

**In April, the FDA for the first time proposed a set of regulations for e-cigarettes, including banning sales to minors and requiring health warning labels, as well as approving new products.**

At the same time, a rapidly growing market for e-cigarettes and the possibility that the devices could be safer than regular cigarettes have some in the industry worried that regulation that's too heavy-handed would stifle the technological innovation — and their businesses.

"I think it's fair to say that there will always be some degree of a gap between (data) and the latest innovations," Mitch Zeller, director of the U.S. Food and Drug Administration's Center for Tobacco Products, said in a recent interview with The Associated Press.

"But that's the beauty of regulation because over time, regulation closes that gap.... We will get to a point where new products have to come through us first."

It's unclear how quickly regulation will proceed, but the FDA seems to be taking a deliberate approach.

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VOICES

# ‘DEVASTATED’: EX-SEX WORKER

With Canada’s controversial new prostitution law now in effect, Metro’s Thandi Fletcher talks to advocates for their take on why Bill C-36 puts sex workers at risk

THANDI FLETCHER
thandi.fletcher@metronews.ca

When Kerry Porth worked in the sex trade a decade ago, she says she never encountered a situation where she felt in danger.

Although she struggled with severe drug addiction, poverty and occasional homelessness at the time, Porth credits her ability to stay out of harm’s way with being able to work from home, where her partner was always nearby.

“I think that speaks to the value of being able to work indoors and have someone there to protect you,” she said.

Porth, now an advocate for sex workers’ rights and a board member for Vancouver’s Pivot Legal Aid Society, fears Bill C-36, Canada’s new prostitution law, will compromise the safety of those still working in the sex trade.

“I’m pretty devastated about it,” said Porth, who appeared before the House justice committee in July to speak out against the new legislation. “This bill is really going to place sex workers in further harm.”

Justice Minister Peter MacKay has said that once passed into law, the prostitution bill will mean safer conditions for sex workers. But for Porth, the claim is laughable.

**In harm’s way**

**“While we continue on with this failed experiment, sex workers’ lives are going to be at stake.”**

**Kerry Porth, former sex worker**

Over the past year, she and others have worked tirelessly to convince government of the link between criminalization of prostitution and violence against sex workers.

She said the new law will make prostitution more dangerous by driving sex work into the shadows, rushing communication with clients and preventing sex workers from properly screening clients.

For sex workers who operate indoors, she said, the new law makes it difficult for them to advertise their services, forcing them to place vague classifieds.

“They can’t be explicit about what acts they’re willing to perform,” she said, adding that this could drive some sex workers to the street in search of new clients.

The new law also heightens safety risks for street-level sex workers. Under the new law, she said sex workers wouldn’t be inclined to work in well-lit areas because clients will want to avoid police detection.

Kerry Porth says Canada’s new prostitution law will put women in danger. THANDI FLETCHER/METRO

Already, she said, her fears are being realized.

The day Bill C-36 received royal assent, Porth said a sex-worker friend told her three clients had refused to provide their real names and phone numbers.

“Those are essential screening techniques that sex workers employ,” she said. “Clients are going to be really leery about complying with screening techniques when they fear there’s a police officer on the other end of the phone.”

**Old vs. new**

**Last December the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms.**

- Under the old law, buying and selling sex was legal, but activities around it were illegal. The key difference under the new legislation is that selling sex remains legal but buying sex, and communications around buying sex, will be against the law.
- It is now legal to communicate with the intention of selling sex in some circumstances. This is a change from the previous laws, which made it illegal to negotiate the sale of sex in any public place.
- It is now illegal to sell sex in public view or next to a school ground, playground or daycare centre.
- It is now legal, technically, to advertise your own services, but illegal to advertise the sale of others’ sexual services.
- It is against the law to benefit materially from another person’s sex work, with some exceptions.

# New prostitution law, same harm to workers: Lawyer

Metro talked to Katrina Pacey, a lawyer for Vancouver’s Pivot Legal Society, for her take on the controversial new law.

**How is Bill C-36 different from previous laws on prostitution?** It’s a different law, but the impact on sex workers’ health and safety will be the same. Bill C-36 targets communication for the purposes of prostitution, the purchase of sexual services, advertising, and sex workers’ ability to work with others like security guards.

By targeting all of those various activities, it takes away sex workers’ ability to use those relationships and situations to enhance their safety.

**Does Bill C-36 improve conditions for sex workers?** No. Bill C-36 doesn’t make anything better for sex workers. The government has tried to paint it that way. (Justice) Minister (Peter) MacKay has said that this is about rescuing victims who are in prostitution and trying to eliminate prostitution through criminal law, but we know that neither of those objectives will be achieved.

By making it illegal to purchase sex and targeting clients, sex workers at the street level will continue to get driven into the most isolated and dark parts of the city because their clients are getting driven into those places to avoid police detection. Sex work will continue to happen, but in an underground fashion. As a result, the whole industry gets made less safe.

**How is Bill C-36 going to change things for sex workers?** It is going to continue to create a distrustful relationship between sex workers and police, who they would like to be able to count on for support.

What we don’t know at this point is what enforcement is going to look like. It’s up to the various police departments and RCMP detachments to decide how vigorously they’re going to enforce (the law).

In Vancouver, the police have made some very promising and progressive statements that they’re not interested in arresting people who are engaged in adult sex work that is consensual.

While we wait for these laws to go through a court challenge, we hope that other police departments will follow suit.

**What’s next?** There’s a conversation happening around the country now among sex workers, organizations and lawyers about what a court challenge would look like, and when and how it will happen.

We’re a part of that dialogue and we’re very actively thinking about litigation.

I don’t have anything concrete at this moment to say about timing, but I can say for sure that a court challenge will happen.

THANDI FLETCHER/METRO

metro

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Gossip

## NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

William and Kate GETTY IMAGES

# Some Big Apple tourist traps we suggest Will and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. Although it's too late to warn them away from the Empire State Building — baby, it's cold up there — we would still like to save them some time and grief with advice on what other tourist traps they should avoid.

**Cabaret on Broadway**
Or whichever bar Shia LaBeouf was drinking at before going to see Cabaret. That does not end well.

**Guy Fieri's restaurant**
Although the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we think the Royals would be doing themselves a favour by passing up a chance to sample the Guy-talian Nachos or the Awesome Pretzel Chicken Tenders.

**Those damn Cronuts**
Speaking of food: the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so the Brits probably want to avoid them anyway.

**The Hot Bird**
Or any other Brooklyn bar currently enforcing a ban on babies. Although Prince George is sitting this trip out, it would look like a betrayal to fellow parents everywhere if Kate were to cross the stroller-choked picket line.

# Drake dates and 'scars' led to Brown breakup

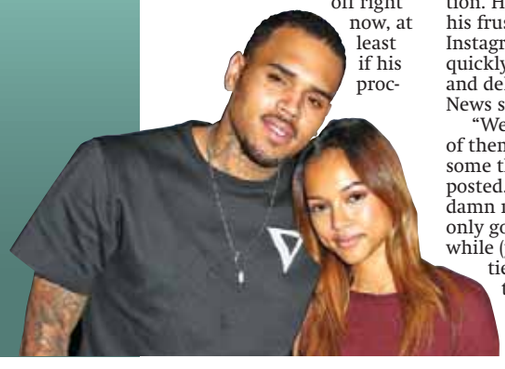
Chris Brown and on-again, off-again girlfriend Karrueche Tran are very, very off right now, at least if his proclamation of, "F--- that bitch!" during a recent concert appearance is any indication. He also decided to vent his frustrations with an Instagram post, although he quickly thought better of it and deleted it. Luckily MTV News saved it.

"We've got scars, some of them (you) gave me, some them I've caused," he posted. "I was locked up for damn near four months and only got one visit from you while (you) was hosting parties and taking secret trips to Toronto, going on dates with Drake."

Oh, Chris. You know it's not a good idea to talk about giving your girlfriend scars when you're still on probation for assaulting a previous girlfriend, right? Well, maybe you don't.

Tran, for her part, is being quite open about the breakup, stating in an Instagram post of her own, "I refuse to be repeatedly mistreated, especially by someone who claims to love me. That's not love. And if that's what you define as love then I don't want it."

Should we be worried about that "repeatedly mistreated" part?



Chris Brown and Karrueche Tran GETTY IMAGES

# Swift and Kloss make out (or just discuss the music)

Congratulations, Taylor! You've officially reached the fevered lesbian rumour stage of your career. Sources are breathlessly exclaiming that Swift and model Karlie Kloss are more than just friends, going so far as to suggest photos show the pair totally making out in the balcony at a concert by The 1975 last week. Or, you know, they could've just been trying to talk to each other during a loud rock concert.

Taylor Swift GETTY IMAGES

# Lautner a bit too popular at two Hollywood gay bars

Hey, remember Taylor Lautner? He of the Twilight franchise, who briefly "dated" best friend Taylor Swift? Maybe he thought you'd forgotten him enough that he could just relax and enjoy himself.

Well, not so much. Lautner hit up a couple of gay bars in West Hollywood recently with friends but ended up drawing a fair amount of attention.

First, model Murray Swanby got himself a selfie with Lautner at famed gay bar The Abbey. Then Lautner and pals scooted next door to another bar, Mother Lode, but the attention got to be too much.

"Taylor only stayed at Mother Lode for a half-hour, but seemed to be having a blast. It is a fun gay bar with super-strong drinks, and he was in the back with two friends, who looked to be very close by their interactions," a source tells Radar Online. "Taylor was definitely trying to be incognito, it looked like, but everyone there was staring at him. I think he left because people kept asking him for photos with him and he declined."

Taylor Lautner, right, and model Murray Swanby. INSTAGRAM

# Leo picks up the bachelor slack in post-Clooney era

Although he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by an Art Basel-related party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News. "Leo and 20 girls. He is my hero."

Leonardo DiCaprio GETTY IMAGES

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# K. Michelle pours her hip-hop heart out

**Music.** Rebellious songstress reveals her wounded self on new album Anybody Wanna Buy A Heart?

EMILY LAURENCE
Metro in New York City

Those familiar with K. Michelle — whether it's by watching VH1's Love & Hip Hop or listening to her debut album Rebellious Soul — know she doesn't hold back. If you make her angry, everyone will find out. But the R&B songstress is showing a softer side with her sophomore LP, Anybody Wanna Buy A Heart? (out Dec. 9) and her current VH1 reality show, K. Michelle: My Life.

Metro talked to her about exposing her pain and letting people see the real K. Michelle.

**Heartbreak and healing**

"When I was recording the album, I was really trying to come to grips with something and either get over it or decide whether I wanted to stay in it. So it was a good time to record an album," Michelle says of the new album, which she recorded just three months ago. She tells us almost all the songs are about the same person, which Internet rumours suggest is actor Idris Elba.

Maybe I Should Call is especially raw, a song about being in love with a man who is having a baby with another woman. "I sent him a couple songs off the record and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle tells us about her muse. But when asked if she saw the album as a way to have the last word, she said no, "I see it as a way to heal."

**On that Drake song**

Not all the songs are intensely emotion-filled. Drake Would Love Me is basically a fan's love song to Drake. "Girls look at Drake and think, 'Oh my God, he's so sweet.' He's the only one singing real love songs to girls. Other guys are offensive to women," Michelle says.

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"

**Reality TV vs. her reality**

Love & Hip Hop fans may remember Michelle as a hot-headed drama queen, but while her current show still has plenty of drama, the singer put herself in control as executive producer to make sure that wasn't all people saw. "People get to see me as a business woman and a mother. It's hard," she says. But she certainly couldn't control everything. "The finale (which aired Dec. 8) is shocking and it was shocking for me to experience," she says. "To end the season like that, I thought, wow, (my life) really is made for TV."

**Quoted**

**"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"**
K. Michelle

K. Michelle GETTY IMAGES

**Music anniversary**

## Roxette takes '80s hits on tour

The Swedish duo behind the single It Must Have Been Love, heard on the soundtrack of Garry Marshall's Pretty Woman, this week announced an international tour coinciding with their 30th anniversary.

Roxette will kick off the series with a show in Auckland, New Zealand, on Feb. 7 and the tour will conclude in Roxette's native Sweden. AFP

**Digital music**

## Happy, Frozen are iTunes' top sellers

The soundtrack for Frozen and Pharrell's viral Happy are the year's top-selling album and song on iTunes.

Apple announced Monday that Taylor Swift's 1989, just released in October, is behind Frozen. Coldplay's Ghost Stories, Sam Smith's In the Lonely Hour and the Guardians of the Galaxy soundtrack round out the Top 5 albums. THE ASSOCIATED PRESS

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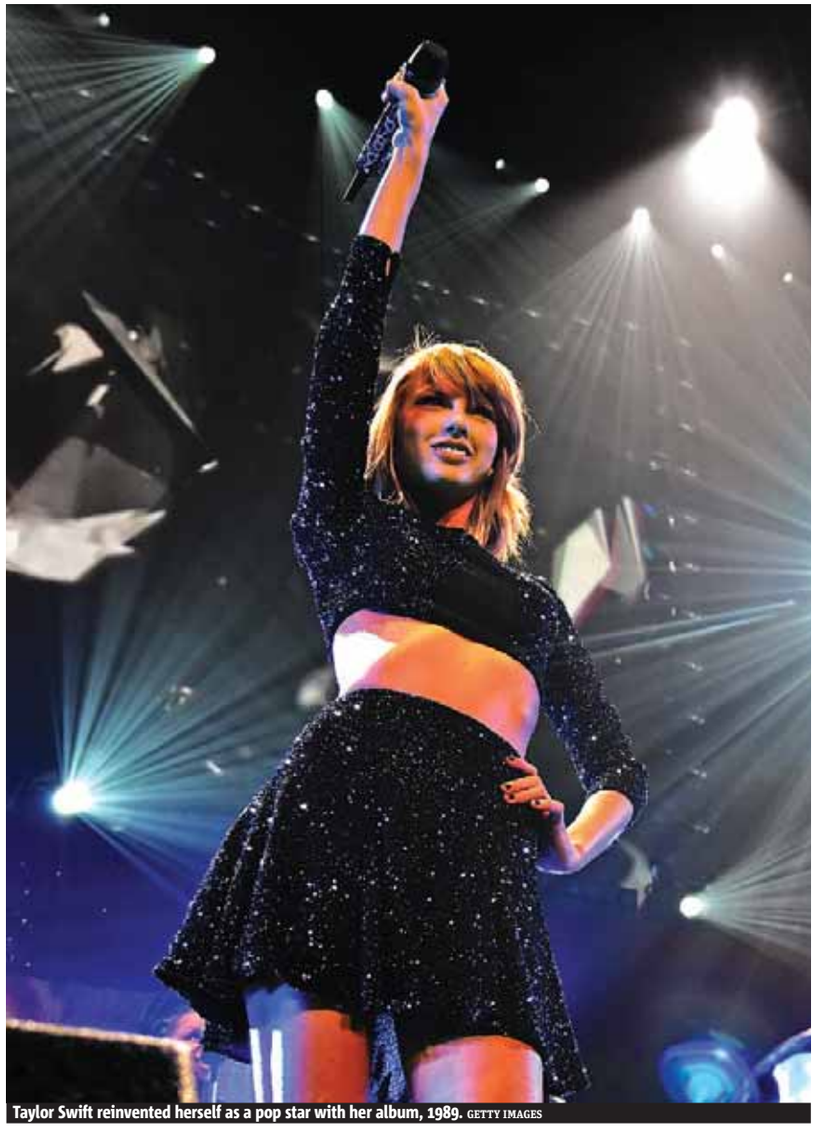
# Taylor Swift's year of note

**Music.** Country hit-maker tops charts and industry chatter with her pop-fuelled 1989


Taylor Swift reinvented herself as a pop star with her album, 1989. GETTY IMAGES

From her expert use of social media to her highly publicized reflections on the music industry, Taylor Swift has caught the public's attention multiple times in a year that's seen the country singer reinvent herself as a full-blown pop star via her latest, chart-topping album, 1989.

### "Love affair" between artist and fans

In July, Swift wrote an op-ed for the Wall Street Journal offering up her thoughts on music sales and the industry's future, referring to herself as "an enthusiastic optimist: one of the few living souls in the music industry who still believes that the music industry is not dying ... it's just coming alive."

Among her points: that having fans will get artists record deals rather than the other way around, something she exemplifies in her strong social media presence.

Leading up to her album launch, Swift made smart use of social networks, announcing the LP in a Yahoo! livestream while taking questions from fans via Instagram, Skype and Twitter, later counting down to the launch with snapshots of lyrics on Instagram, and inviting some lucky followers to her home for private listening parties.

"I believe couples can stay in love for decades if they just continue to surprise each other," she wrote in the WSJ, "so why can't this love affair exist between an artist and their fans?"

### Genres "less of a career-defining path"

In her op-ed, Swift alluded to something fans could expect of her later in the year, when her decidedly non-country album 1989 came out.

She said, "I want to make music that reflects all of my influences, and I think that in the coming decades, the idea of genres will become less of a career-defining path and more of an organizational tool."

Her pop album was released in late October and topped charts in a dozen countries, becoming the first of the year to go platinum in the U.S.

### "People are still buying albums"

Immediately following the release of 1989, Swift made headlines again when she took her entire catalogue off the streaming service Spotify. In her op-ed, Swift had expressed optimism about people's interest in albums, but also acknowledged that streaming — along with file-sharing and piracy — was shrinking album sales.

Despite Swift's absence on Spotify, in December, 1989 topped the very first Billboard U.S. album chart to incorporate streaming figures and song downloads as well as physical and digital sales, showing her enthusiastic optimism may not be far off the mark. AFP

## TV. Crowe takes Gander but finds no sign of pals

Russell Crowe TWITTER

Oscar-winning actor Russell Crowe was briefly in Newfoundland on Sunday and pined for absent friends through Twitter.

Crowe tweeted out to his friends Alan Doyle of the band Great Big Sea and actor Allan Hawco that he was disappointed to land in Gander and that the pair didn't drive to meet him, adding: "Guess I'm partying alone."

The three appeared together in the television show The Republic of Doyle in 2012 after Doyle and Crowe became friends.

Crowe also tweeted out selfies with no one in the background, joking that he was "Battling through the crowds for my public appearance in Gander, Newfoundland."

The actor has more than 1.6 million followers on Twitter.

"I love Newfoundland ... just sayin'. Wish I could be here longer," he tweeted before leaving. THE CANADIAN PRESS

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# Listen as Guetta gets personal on album

**Release.** DJ explores deeper themes in new work, but says he still wants people to dance — with tears

David Guetta says he wants his new music to make you dance. That's no surprise, but he's also hoping to make you cry a little.

The Grammy-winning DJ-producer says his sixth album, Listen, is more emotional compared to past songs like the upbeat Sexy Chick with Akon and the explosive Where Them Girls At. "(My last album) Nothing But The Beat ... was all about like dancing and partying and being sexy, you know, and this is a little deeper," he said.

"It is of course an album that makes you want to dance because I'm a DJ first, and I'm a positive person, but it's a little more — my life was not so much a party, lately. It was harder on a personal level, and I think you can feel it in the album actually.

"Yes, I want people to dance, but they can dance with tears in their eyes. It's possible."

Listen, the French hitmaker's first album in three years, debuted at No. 22 and No. 1 on Billboard's 200 and Dance/Electronic albums charts. He said that writing and producing songs about his own emotions was therapeutic.

"When you have a problem, if you keep it to yourself, it makes you go crazy. If you speak about it, you feel better. So if you make a song about it, it really helps," he said. "And I'm very happy now."

The album features some of Guetta's usual suspects: Turn Me On collaborator Nicki Minaj appears on the song Hey Mama, while Sia, who worked with Guetta on the successful Titanium, lends her vocals to two songs.

He called the female stars "perfectionists" and said they caused some delays to the release of Listen.

"I actually finished the album five times and every time it was like, 'Ugh, I can do a little better,"' he recalled of Listen, which also features John Legend, Ryan Tedder and Emeli Sande. "And then Nicki Minaj called me and asked me for some changes. So I called the label, called the factory, they were pressing the record; I cancelled it.

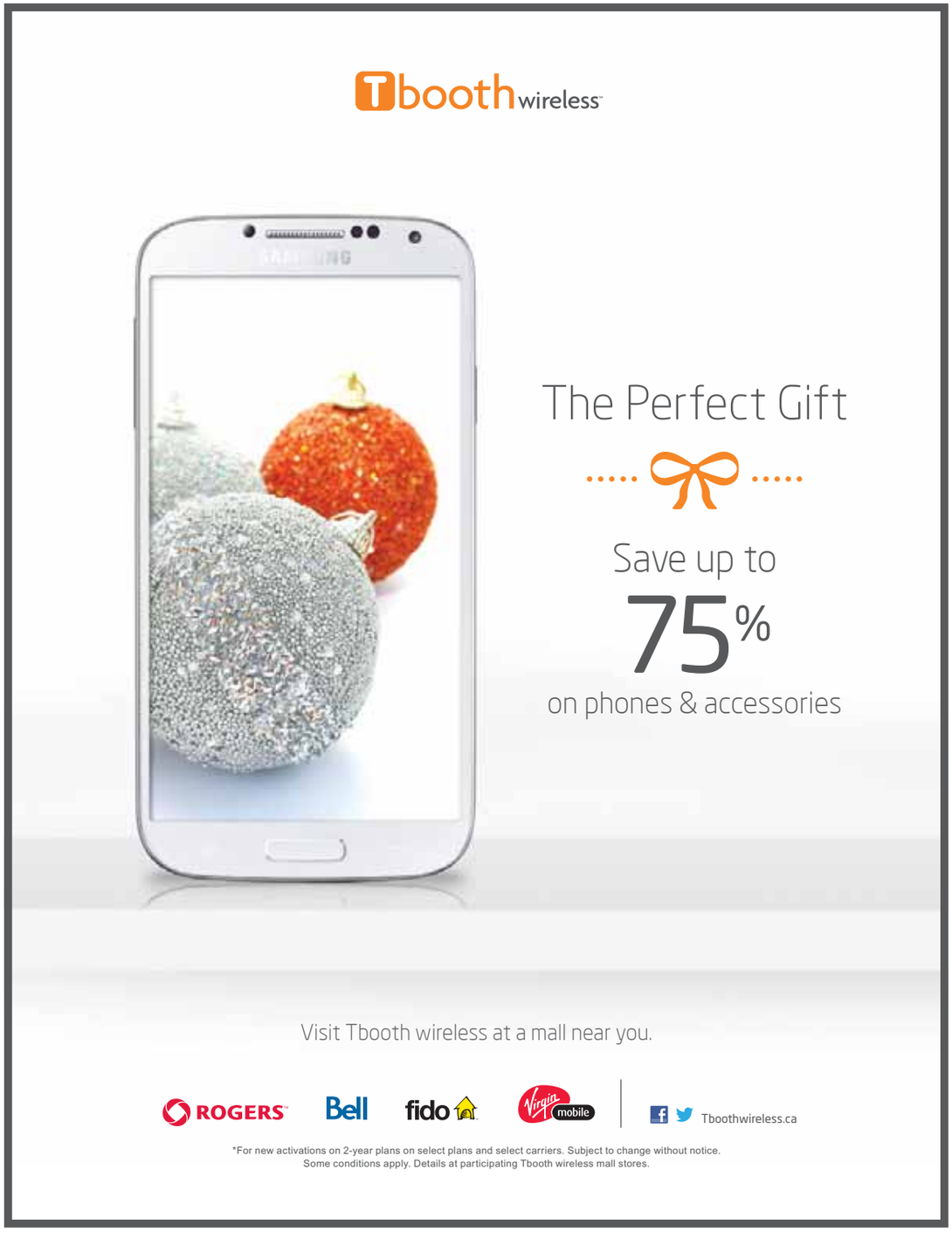
"And the same with Sia," he continued. "We started a song together and she called me like, 'I love this song. We should really do it, but I want to re-sing."'

THE ASSOCIATED PRESS

**Quoted**

**"Yes, I want people to dance, but they can dance with tears in their eyes."** David Guetta

David Guetta's new album Listen debuted at No. 22 on Billboard's 200 and No. 1 on the Dance/Electronic charts. THE ASSOCIATED PRESS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## *Three songs you have to hear now*

SOUND CHECK
Alan Cross
scene@metronews.ca

### Friend/ Residual Kid

This trio of 14-year-olds from Austin would like everyone to know that they rock better than you. And they've got a new record deal to prove it.

### Storm/ Soundgarden

While the band was preparing their collection of rarities and unreleased tracks, Soundgarden decided to record a brand new track back in May and managed to keep it under wraps until just recently.

### Take My Side/ Will Butler

With the band's crazy schedule, where did the Arcade Fire bro ever find time for a solo album? And how did he keep it quiet? Policy will be out on Merge on March 10.

# Heal the mental injury, too

**Pain.** Hurting yourself during a workout has an effect on the mind

SEPTEMBRE ANDERSON
life@metronews.ca

An injury can have a lasting mental effect even after it has healed. ISTOCK

There's nothing like an injury to bring you from the top of your game to champion couch surfer. While injuries are an inconvenient part of an active lifestyle, being sidelined by one can shake even the toughest competitor.

"I can tell you from personal experience that suffering an injury is one of the most frustrating things to ever happen because you don't feel that you're ever vulnerable," said Dr. Howard A. Winston, family and sports medicine physician at the Centre for Health and Sports Medicine in Toronto. Winston played tennis at the provincial level and had to fault the finals due to personal injuries.

While many focus on the physical toll of injuries, the mental effects can't be ignored. Many athletes, recreational or professional, have found that the fear of reinjury, not the injury itself, is what holds them back.

Ryan Grant knows what it's like to be sidelined by injuries. The co-owner of HeadRush Training Center, a mixed martial arts gym in Toronto, saw his Olympic dreams shattered, literally, when he broke his hand during a boxing match.

"I went to nationals to see if I could qualify and that last year, for qualifications for nationals, I shattered my hand."

Grant spent six months in a cast and another six months in physiotherapy all while watching his competitor, the one he broke his hand on, go on to become world champion.

"Growing up, my brother went to the Olympics, my other brother was a world champion. I was supposed to be that guy," said Grant.

Grant, however, did not let his post-injury reluctance keep him from returning to the gym.

"You can't go in anything — work, school, relationships — harbouring something over the top of your head."

He built up his confidence by starting with exercises that he knew he could do and then increasing the challenge level, or what Grant calls "making sure the water's warm before getting back in there."

He also found wearing a brace — "mental reassurance," he says — helpful to regaining his mental toughness.

Grant agrees that it's the mental hurdle that's harder to get over than the physical hump. "I see it in athletes now. You'll see internal ailments that you can't control and it'll shatter your whole hope."

"An injury is so demoralizing," Winston says. "At the same time, it happens and you know you can recover from it if it's not serious and you can get back to competing again."

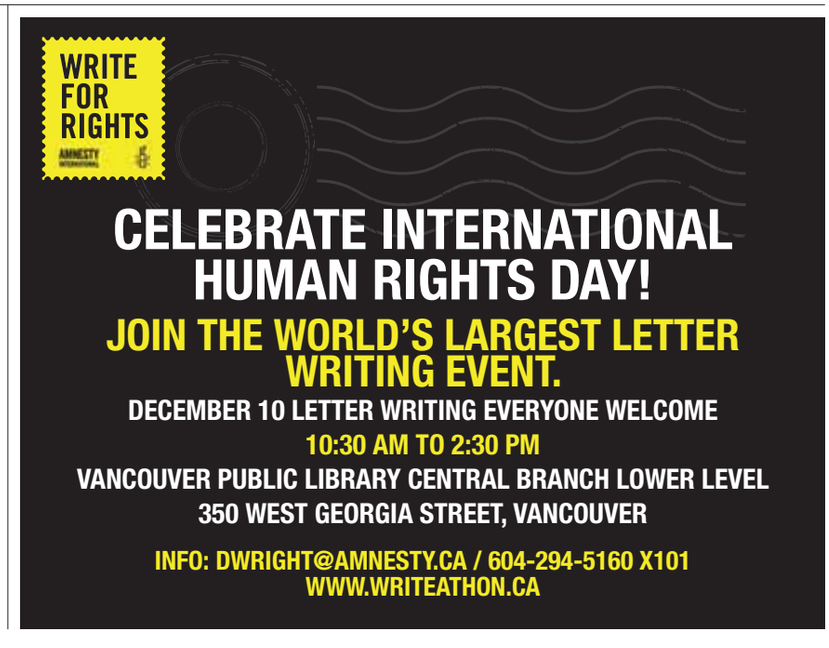
Winston recommends a holistic approach to recovering from an injury that includes physical and mental care.

"Anybody who suffers an injury is best served by a multidisciplinary facility ... because all aspects of care can be covered through one roof," he said. "You're seeing people who understand your interests and concerns."

**Prevent the hurt**

**Heather Gardner of Tribe Fitness in Toronto shares her tips on avoiding injuries.**

- **Warm up.** Start with easy cardio lasting 15 minutes to raise your body temperature, get your heart rate up and muscles moving.
- **Build.** Slowly increase your gym time and intensity by about 10 per cent a week.
- **Don't overdo it.** "Make sure that whatever you're doing, you're listening to your body."
- **See a professional.** Consider help from a personal trainer to learn proper form.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# Benefits of brain stimulation therapy

**Depression.** Doctors say this method can help when medications fail

Doctors are increasingly turning to brain stimulation therapy, a non-invasive procedure that uses electromagnetic energy, to treat severe depression that doesn't respond to standard antidepressant medications and psychotherapy.

Known as repetitive transcranial magnetic stimulation, or TMS, the treatment "exercises" an area of the brain thought to be underactive in people with depression.

TMS is administered using a hand-held electromagnet that is held over the skull above the targeted area of the brain — within the prefrontal cortex — which is determined through an MRI scan.

"The magnetic field passes unimpeded through the skull, and so when it interacts with the brain, it causes an electrical current to flow in the brain tissue that it touches," said Dr. Mark George, director of the Brain Stimulation Laboratory at the Medical University of South Carolina.

"And so it's a relatively neat trick where you can non-invasively get in and stimulate the brain of an awake, alert person without any real major discomfort," George explained during a teleconference organized by the Centre for Addiction and Mental Health (CAMH) in Toronto.

George, a psychiatrist and neurologist who pioneered the use of TMS to treat depression 15 years ago, said the therapy is well-tolerated by patients and has minimal side-effects.

Up to 40 per cent of people diagnosed with major depression don't respond to antidepressants, the drugs' effects don't last, or patients can't tolerate their side-effects, he said.

"So it's a big part of the population that needs a new treatment, and TMS is now starting to go there."

Gail Bellissimo, 52, of Mississauga, Ont., suffered for years with severe depression, and found no relief, even after trying several antidepressant drugs and psychotherapy.

"Depression steals so much from a person. I describe it as an illness that insidiously takes one's senses — sight, sound, touch, even smell and taste," she said. "There's no dimension to anything. Everything is dull, flat, monotone."

Transcranial magnetic stimulation uses an electromagnet to stimulate parts of the brain thought to be inactive in those with depression. ISTOCK

Bellissimo said depression affected her ability to absorb and remember information. She often retreated into silence because the disorder hampered her ability to communicate.

But in February, Bellissimo was enrolled in a clinical trial at CAMH to compare different lengths of TMS therapy in patients with so-called treatment-resistant depression.

Two weeks into her sessions, Bellissimo noticed "a shift ... it was a clarity and lightness," and full-fledged senses began to return.

"I could breathe. The lead weight and the incapacitating fog was lifted, allowing me to see a path, the direction of which was finally a positive one," she said. "I could laugh again. The treatment has allowed me to thrive — not just survive. I'm in the best place I've ever been, loving life, recovering and looking forward."

Dr. Jeff Daskalakis, head of the Temerty Centre for Therapeutic Brain Intervention at CAMH, said treatment-resistant depression costs the healthcare system about $19,000 per patient per year, while TMS costs about $6,500 per person.

"And the treatment itself has persistent effects," he said. "So once you achieve remission, the likelihood of staying in remission is quite high, provided you get maintenance treatments ..." **THE CANADIAN PRESS**

# Research. Assessing antioxidants

The benefits of certain foods such as orange juice could be more important than we think, according to a new study suggesting current methods for determining antioxidant activity only tell half the story.

Researchers from the University of Granada developed a method called the global antioxidant response (GAR) that they claim provides a more thorough analysis because it assesses food in its entirety.

The researchers say that current methods for determining antioxidant value reflect only the portion that gets absorbed by the small intestine, called the liquid fraction.

"The problem is that the antioxidant activity of the solid fraction (the fibre) isn't measured, as it's assumed that it isn't beneficial," says study author José Ángel Rufián-Henares.

"However, this insoluble fraction arrives at the large intestine and the intestinal microbiota can also ferment it and extract even more antioxidant substances, which we can assess with our new methodology."

Using its GAR method, which simulates gastrointestional digestion in vitro, on both commercial and natural orange, mandarin, lemon and grapefruit juices, the team found 70 per cent of the antioxidant activity was found in the solid fraction, meaning that the numbers could be far greater than previously established.

"The antioxidant activity is, on average, 10 times higher than that which everyone thought up until now, and not just in juices, but also in any other kind of food analyzed with this methodology," says Rufián-Henares. **AFP**

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# Classic deli sandwich loses traditional base

**Reuben Strata.** This meal offers you the option of bread but gives sauerkraut the spotlight

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

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It's not about the base (yes, I know the song is actually all about the "bass," but this was funnier, no?).

It's about the ratio.

Sandwich bases (bread) add calories, carbs, salt and often sugar to your meal. When you switcheroo the nourishing fillings and dial back the cheesy, fatty bits of a classic, you suddenly have a healthier meal that is just as quick.

Here are ways to bump up the best so you can have your hoagie and eat it, too.

**Tuna Salad**
Forgo the bread and serve in Boston or Bibb lettuce. Use low fat mayo mixed with grainy (zero calorie!) mustard and grate celery into the mix.

**Egg Salad**
Omit mayo, use only Greek yogurt, stir in curry powder and spread into celery sticks.

**BLT**
Serve open-faced with one slice of crumbled bacon, add a few pieces of lettuce, double up on the tomato and mix low-fat mayo with plain Greek yogurt.

**Grilled Cheese**
Choose thin, whole grain rye bread and don't butter it on the outsides. Instead, measure a teaspoon of butter into the hot pan as though you are frying. Grate aged cheddar and add slivers of apple or pear.

**Ingredients**

- 2 cups sauerkraut
- 1/4 cup chopped dill
- 4 tbsp mustard
- 1/2 pound pastrami
- 1 sliced tomato
- 1/4 cup grated Swiss cheese

This recipe serves four. THERESA ALBERT

**Wraps**
Even whole grain wheat wraps are between 150 and 300 calories and are really just a delivery system for the filling. Switch to rice paper wraps, which only need a dip in warm water, and then they can hold just about any filling from day-old salad to leftover chicken.

**Reuben Strata**
Sauerkraut is a very nutritious, high-fibre, prebiotic food that needs to take on a more starring role.

This layered casserole feels more like a meal than a sandwich, but it couldn't be easier.

**1.** Preheat oven to 400 F. Empty sauerkraut into colander and rinse under cold water, squeeze dry.

**2.** Combine dill and mustard.

**3.** Layer sauerkraut, pastrami, and dill-mustard mix into three layers in a loaf pan. Repeat until out of ingredients.

**4.** Top with tomato and Swiss cheese. Bake in oven until warmed through and cheese melts, about 10-15 minutes.

**5.** Serve with whole grain bread and salad. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Whitecaps, Salgado officially part ways

**MLS.** Vancouver trades former first-overall pick to expansion NYCFC

CAM TUCKER
cam.tucker@metronews.ca

The Omar Salgado era in Vancouver had really been over for a while. On Monday, it officially reached a conclusion.

The Whitecaps traded Salgado, the club's first-overall pick in the 2011 MLS SuperDraft, to the expansion New York City FC, which stated in a release it had agreed in principal to transfer the striker to a yet-to-be-named international club.

That club is believed to be in Mexico.

In exchange for Salgado, the Whitecaps picked up future considerations from NYCFC.

The two clubs will share the transfer fee with the Vancouver side, according to the Whitecaps.

The deal follows a tumultuous season for Salgado. He was involved in multiple run-ins with teammates and coaches, and was kept away from the club by the time autumn rolled around.

"Listen, Omar showed glimpses last year for me," said coach Carl Robinson on Monday. "But he was frustrated about not starting every game and I understand that.

"What I need to have, as well, is players that respect certain situations and certain scenarios. There were ups and downs with Omar like there is with all my players. I understand it in a way but we're moving on now."

According to the Whitecaps, there is a transfer freeze between the MLS roster freeze in September and the expansion draft, which takes place Wednesday.

Omar Salgado of the Vancouver Whitecaps dribbles the ball between Seattle Sounders players in May 2012 at BC Place Stadium. The Whitecaps traded Salgado to New York City FC on Monday. RICH LAM/GETTY IMAGES

**Caps decline option on Fernandez**

**The Whitecaps declined the option on forward-midfielder Sebastian Fernandez, with the asking price on that option just too high.**

- The Whitecaps acquired Fernandez prior to the start of the 2014 season on a one-year loan with a transfer option from Boston River in Uruguay.

The Whitecaps facilitated the trade with New York in order to avoid the risk of losing Salgado and not getting anything in return. The club could have also risked losing another player off its roster had it decided to protect Salgado in the expansion draft, said Robinson.

Salgado never lived up to his potential in Vancouver. Foot injuries ruined his 2012 and 2013 seasons, and an improved Whitecaps roster in 2014 meant it was more difficult to get into the lineup.

Salgado, a Generation Adidas signing, appeared in only eight games, starting in two of those in 2014.

The chances of him getting into the lineup moving forward with the Whitecaps would've been limited, said Robinson.

"Sometimes situations dictate what happens with players," said Robinson. "He's got great potential but he needs to play."

**NHL**

## MacLean becomes first coaching casualty of season

Less than 18 months after being honoured as the NHL's coach of the year, Paul MacLean is out of a job.

The Ottawa Senators fired MacLean on Monday after an 11-11-5 start, though the problems team executives had with the coach extended back into last season when the Senators missed the playoffs.

MacLean is the first NHL coach to be fired this season.

Senators general manager Bryan Murray told a news conference Monday that assistant Dave Cameron will be the new head coach of the team.

THE CANADIAN PRESS

**NBA**

## Raptors work OT to break Nuggets

Lou Williams scored 26 points, including a big three-pointer in overtime, to lift the Toronto Raptors 112-107 over the Denver Nuggets in overtime Monday.

Jonas Valanciunas — with 18 points and 12 rebounds — and Kyle Lowry — with 13 points and 13 assists — both had double-doubles on the night for the Eastern Conference-leading Raptors (16-5).

Toronto was playing its playing its fifth game without injured all-star DeMar DeRozan.

The Raptors will be in action again on Tuesday night when they visit the Cleveland Cavaliers.

THE CANADIAN PRESS

Members of the Canucks line up to pay their respects to Elise Béliveau, widow of Jean Béliveau, during a visitation on Monday in Montreal.
RYAN REMIORZ/THE CANADIAN PRESS

# Canucks, Habs pay tribute to Béliveau ahead of game

Both the Montreal Canadiens and Vancouver Canucks put their losing streaks aside on Monday to pay tribute to hockey great Jean Béliveau.

Like thousands of Montreal fans who streamed into the Bell Centre for public visitation on Sunday and Monday, players and coaches from both clubs stopped in to pause by the casket on display at centre ice and give condolences to Béliveau's family, led by his tireless widow Elise, who greeted every visitor.

The legendary Canadiens captain died last week at 83, while the team was away on a road trip. The club held off remembrance ceremonies, including the funeral at Mary Queen of the World cathedral on Wednesday, until they got back.

The arena had been turned into a giant, sombre funeral home for two days, but it will revert to a hockey rink when the Canadiens play host to the Canucks on Tuesday night.

Vancouver coach Willie Desjardins, who has family roots in Quebec, was touched by the experience. "To my father, Jean Béliveau was the best and when I started playing hockey, I wore No. 4 for Jean Beliveau," he said. "It wasn't just because he was a great player, it was the way he carried himself and how he approached the game."

THE CANADIAN PRESS

## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
What occurs today will cause you to question some of your most deeply-held beliefs. Could it be the world is not designed the way they told you it was?

### ♉ Taurus
**April 21 - May 21**
Refuse to settle for second best in anything you do. The standards you set now are the standards you will have to live by for the next few months, so aim high.

### ♊ Gemini
**May 22 - June 21**
It may look as if you are the only one who knows what's going on at the moment but the planets warn you could be kidding yourself.

### ♋ Cancer
**June 22 - July 23**
Don't scatter your energy in too many directions today or you may fail to reach your number one goal. That would be a shame because there is much you can accomplish.

### ♌ Leo
**July 24 - Aug. 23**
Be enthusiastic about what you have to do today. Even if it is the last thing you want to be doing you have no choice but to see it through to the end.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You will need a great deal of patience over the next 24 hours, especially when dealing with authority figures.

### ♎ Libra
**Sept. 24 - Oct. 23**
You will hear something today that sounds too good to be true and you are right to be suspicious. What you are told is only half the story.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You need to let go of things you no longer need, especially things that have become a drain on your time and energy.

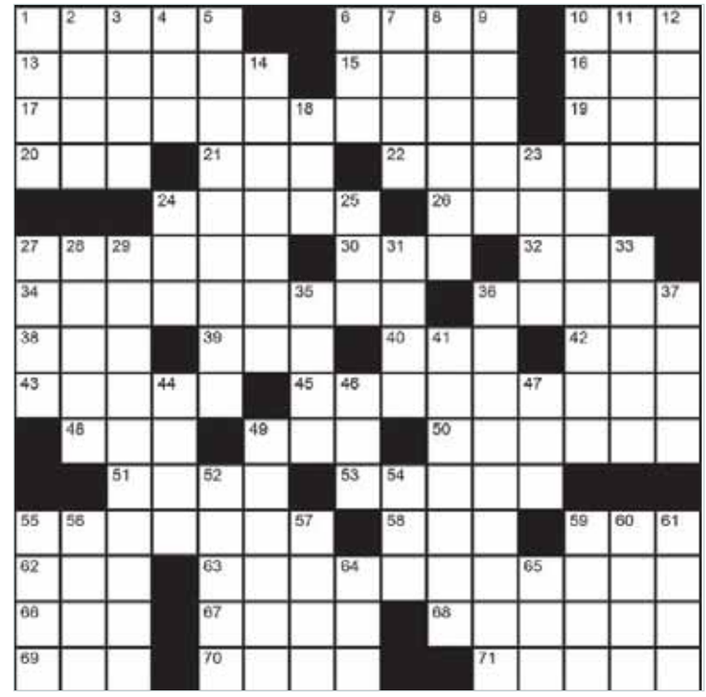
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Sometimes you are suspicious for no good reason but today you are right to be skeptical of what you see and hear. You need to question what work colleagues are telling you.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You need to put your financial house in order, Yes, you will have to make cutbacks, but in the long-term it will be worth it. Less means more.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Today may not be the most exciting day, but it will be important, not least because the motives of someone you have important dealings with will at last be clear to see.

### ♓ Pisces
**Feb. 20 - March 20**
You need to deal with a situation that has been bothering you for several weeks. It may require you to make a decision that is in some way final.

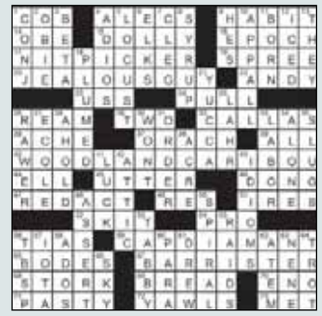
## Crossword: Canada Across and Down by Kelly Ann Buchanan



### Across
1. Rocker Mr. Lewis'
6. Li'l quantities
10. Haul
13. Talent show Cat Deeley hosts [acronym]
15. Villain's chuckle
16. Identity part
17. Gwich'in activist (b.1934 - d.2010) who advocated for rights of Aboriginal and northern women. She is also a Member of the Order of Canada.: 2 wds.
19. __ mode: 2 wds.
20. Flight simulators co.
21. Sarcastic
22. Tweezers/stencils purchase: 2 wds.
24. President's Choice's Mr. Weston
26. "What's Hecuba to him __ __ to Hecuba..." - Hamlet
27. Ablaze: 2 wds.
30. Long time
32. Richard Wagner aria: "_ __, Mein Holder Abendstern"
34. Christmas-y village in Quebec, __-__
36. Beyonce's 'I Am... __ Fierce'
38. Li'l roads
39. Enlightenment in Buddhism
40. __-eyed
42. Canadian actress Sandra's
43. Eights: Spanish
45. Vancouver Island community known for its murals
48. Cleave
49. Modern
50. Potential response to "Will you ever?": 2 wds.
51. Network of nerves
53. Some fishies
55. Commonplace
58. Name: French
59. Geog. coordinate
62. Pitcher's stat.
63. This northern Saskatchewan settlement's name reflects its mining heritage: 2 wds.
66. Guys
67. Taboo
68. Salmon: French
69. Not: French
70. Understood
71. Free: French

### Down
1. _ _ _ _ Bank Canada
2. Scottish island
3. Raison d'__
4. St. John's International Airport code
5. Montreal Hebrew Delicatessen, since 1928
6. Hamilton Bulldogs org.
7. Geri H. bandmate
8. Actress Charlize
9. Mister: Spanish
10. Madonna's "Rebel Heart", recently: 2 wds.
11. Fancy fruit
12. Bearded animal
14. Singer Ms. Love
18. "Affirmative, Admiral!"
23. "Slow down!"
24. Cotton __
25. Born, in Boucherville
27. Bone, in Italy
28. "Of course!", slangly
29. __ Cove (Attraction in Eastern Passage, NS)
31. Ye's follower
33. Casual 'yes'
35. As soon as...
36. Whale, for one: 2 wds.
37. Abbreviated aide
41. Foreboding
44. Due, as dollars
46. Very warm
47. '_' __ for Iqaluit
49. Nerve cell
52. Spare tire locale
54. Single
55. __ hearts (Health store purchase)
56. Fertilizer component
57. Horse's 'hair'
59. Branch
60. 'Origin' suffix
61. Ms. Daly
64. This moment
65. __ bono? = For whose benefit? ...in Latin

## Yesterday's Crossword



## Online

See today's answers at metronews.ca/answers

## Conceptis Sudoku by Dave Green

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 8 | 2 | 5 | 7 | 3 | 4 | 9 | 6 |
| 3 | 5 | 7 | 6 | 4 | 9 | 2 | 1 | 8 |
| 4 | 6 | 9 | 2 | 1 | 8 | 5 | 3 | 7 |
| 6 | 3 | 1 | 8 | 9 | 4 | 7 | 5 | 2 |
| 8 | 9 | 5 | 3 | 2 | 7 | 1 | 6 | 4 |
| 7 | 2 | 4 | 1 | 6 | 5 | 9 | 8 | 3 |
| 2 | 7 | 8 | 9 | 5 | 6 | 3 | 4 | 1 |
| 5 | 1 | 6 | 4 | 3 | 2 | 8 | 7 | 9 |
| 9 | 4 | 3 | 7 | 8 | 1 | 6 | 2 | 5 |

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